

**ABSTRACT**

An appliance for protection against impact and strain injury, comprising an  
5 plurality of interconnected rigid or semi-rigid plates aligned in overlapping relationship on  
a central common ligament. The ligament is removably attachable to a garment by strips  
of hook and loop fastener attached along or the end regions of the ligament. When worn  
about a part of the body, the appliance permits limited relative movement between the  
plates thus providing impact resistance whilst maximizing flexural movement of the body  
10 part to which the appliances is attached. The plates may be stitched to or threaded upon  
the ligament which may itself comprise a strip of hook and loop fastener.